

DATE: MAY 26, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Gosh, are we excited about this week's meal kit. With kabobs that can go to the grill, if cooking al fresco is your thing, and more tasty meals that are fun, fast to make and chock full of local Spring veggies, you can make the most of the lingering evening light. Because, we know that after a 3-day weekend, the rest of the week runs too quickly away.

**herb marinated
paneer kabobs**
with chimichurri and
Spring vegetable couscous salad

tpv dan dan noodles
with roasted peanuts, scallions
and bok choy

farro risotto
with gigante beans,
asparagus and walnuts

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Enos Farms
Elderberry Hill Farms
Winterfell Acres
Marshview Farms
Meadowlark Organics
Garden To Be

EXTRA GOODNESS

**chocolate cheesecake
with chocolate cookie
crumble**

keep refrigerated

Ingredients: Cheesecake (cream cheese, semisweet chocolate, powdered sugar, sour cream, vanilla extract.) Chocolate Cookie Crumble (butter, all purpose flour, brown sugar, semisweet chocolate, sugar, cocoa powder, vanilla extract, baking soda, salt.)

Contains: Wheat, milk.

① THE COOK KIT

herb marinated paneer kabobs

with chimichurri and Spring vegetable couscous

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Herb Marinated
Paneer
Chimichurri
Couscous
Asparagus
Radish
Skewers

PAIR WITH

a light bodied
red or ale like
Folk Machine
Pinot Noir
or
Three Floyds
Gumball Head

- 1 Preheat your grill for medium-high heat. Meanwhile, soak your skewers in cold water for 10 min to keep them from charring. A grill pan would be great to use for the asparagus and radishes. Or, heat a saute or grill pan on your stovetop.
- 2 Wash produce. Trim the ends and slice radishes in half, snap the woody ends off your asparagus. Toss both in a tablespoon of olive oil, season with salt and pepper.
- 3 Cut your paneer into even bite sized pieces. Put them onto your skewer(s).
- 4 Grill your paneer flipping every 2 minutes or so until browned and warm in the middle of the biggest piece, about 6 minutes total.
- 5 Grill your asparagus and radish until well charred.
- 6 Microwave or reheat couscous with a splash of water on the stove, until warm. Chop grilled vegetables and mix into warm couscous.
- 7 Portion couscous salad onto plates, top with a chicken kabob and chimichurri.

Herb Marinated Paneer: Paneer (pasteurized milk, salt, vinegar) olive oil, garlic, thyme, chives, rosemary, chile flake, lemon zest, pepper **Chimichurri:** Olive oil, parsley, cilantro, jalapeño, chives, red wine vinegar, red pepper flake, salt, pepper **Couscous:** Couscous, water, olive oil, red wine vinegar, salt, pepper. **Asparagus. Radish.**
Contains: Wheat, milk.

② READY-TO-EAT

tvp dan dan noodles

with roasted peanuts, scallions and baby bok choy

Prepare noodles according to instructions on package. Drain.

Warm Dan Dan sauce in a microwave safe dish or on the stove over medium heat.

While noodles and sauce warm, wash and trim the ends of the scallions and bok choy. Cut bok choy in half lengthwise, and into half inch slices. Thinly slice the scallions. Set aside.

Heat saute pan over medium-high heat with a tablespoon of oil.

Gently place noodles in hot pan; sear for 30 seconds. Pour in half of the dan dan sauce. Stir to combine. Add the baby bok choy, cook and gently stir until wilted.

Plate the noodles with remaining sauce, top with scallions and peanuts.

TVP Dan Dan Sauce: tvp, mushrooms, mustard greens(mustard greens, water, sugar, salt, MSG, artificial color), chili oil, ginger, chinkiang vinegar, soy sauce(Water, Wheat, Soybeans, Salt Sodium Benzoate; less than 1/10 of 1% as a preservative), sugar, garlic.

Noodles: See package for ingredients.

Roasted Peanuts: peanuts, salt, olive oil

Scallions

Baby Bok Choy

Contains Wheat, soy, nuts.

③ FARM-TO-FREEZER

farro risotto with gigante beans, asparagus and walnuts

See label for reheating instructions and ingredients

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm